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ABSTRACT

This booklet gives mothers basic information about arranging for child care before going to work. The booklet is written on a simple reading level and includes the following sections: (1) there are several kinds of day care; (2) care depends on child's age; (3) older child needs good plan; (4) must have health test; (5) with group own age; (6) choose place to send him; (7) take him on visit first; (8) learn to know day care people; (9) he may become sick; (10) give him attention each day; (11) you may serve on a committee; and (12) you can appeal [the day care] worker's decision. (KM)

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# WHO WILL TAKE CARE of YOUR CHILD

## when you are in training or on the job?

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U. S. DEPARTMENT OF HEALTH, EDUCATION & WELFARE
OFFICE OF EDUCATION

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Many families in this country need help in bringing up their children in the best way possible. This leaflet is for those parents. It tells of certain services that they can request.

Jule M Sugarman

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**children's bureau** publication no. 467

# WHO WILL TAKE CARE of YOUR CHILD

## when you are in training or on the job?

BEFORE YOU START your job training or go on your job, have a good plan for the care of your child while you are away from him or her. You want to be sure that your child is well taken care of and is safe. Then you won't worry and can learn faster or do better work on the job. There are people who can help you find good care.

Talk with a worker in the welfare department. You do not need to be getting service or an assistance check to ask the welfare department to help you find good day care for your child.

Your town may have a special day care committee or council that could suggest a good day care center or family home.

The community chest or community health and welfare council sometimes has information on good day care programs.

Get in touch with city hall and ask who licenses day care centers and homes in your city.

If you don't know how to find these people, ask the minister of a church or the principal at the nearest school to help you find the place where you can get help in finding good day care. Sometimes a settlement house or neighborhood center can.

## There are several kinds of day care

Your child can be cared for in your own home or somewhere else. You may be able to choose from several kinds of care.

You may want someone to come to your home to give care. You may want to put your child in someone else's home for the day. You may want to put him in a day care center.

Both while you are in training and after you are on the job, you will need care for your child all the time you are away.

You may want him cared for in your home but also to go to Head Start or nursery school every morning.

Day care is not just a baby sitting service. Your child will begin to learn how to get along with people, use his own mind, like himself, think about things and

people and learn how to tell what he wants and thinks. The adults in the center will help him do these things.

## Care depends on child's age

The kind of care each child needs depends on how old he is. It also depends on whether he is ready to play with a group of 10 or 20 children or with only 3 or 4.

If he is a baby under 3, it may be that care in his own home or in a family home, where there are no more than five children, will be better. No more than two of them should be babies so he will get lots of attention.

If your child is from 3 to 5 years old, a day care center may be good for him. He will be one of a group of other children. They will play, work and learn together. They will be cared for by teachers or group leaders who know what is good for children, how to make them happy and how to help them learn what helps them do better when they go to school.

## Older child needs good plan

The older child who is in school needs a good plan as much as the younger child. For the time before and after school, he may get along well by checking in at a day care home or a day care center.

The day care home or center may offer him a base in his own neighborhood. Then the person in charge of him will know where he is all of the time.

No boy or girl should be left alone a few hours a day. If so, they may get the feeling that nobody really cares where they are or what they are doing.

An older child should be able to go to a boy's club, the library, or to visit his friend. But the grownup in the day care

home should know where he is and who he is with.

Some days the child may want to stay in the day care home and play. He should be able to bring his friends to the home to play sometimes.

## Must have health test

Good day care programs want your child to have a health examination before he joins it. They also want all grownups who work with the program to have such a test.

The program wants to be sure that your child gets all the shots he needs to protect him and the other children from certain sicknesses. Some day care programs have their own doctor to make these tests. You may need help to find a doctor or clinic to get your child examined. Ask the day care worker for help.

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## With group own age

In the day care center there will be many things for him to do with children his own age. The games, toys and books all will teach him things that will help him

in school. Being in a group will teach him to get along well with others.

Babies need somebody to look after them all of the time. They need to be cuddled, talked to and loved. They need to be well fed, given a chance to nap, and be kept clean. They do better away from home if the person who takes care of them is the same one every day.

The toddler or 1- to 3-year-old child needs many of those same things. Also he needs a chance to play alone, and at times with others. He needs a safe place outside as well as inside, to roam about, run, jump, and play. He needs some grown person to help him begin to learn about

the world around him. He needs to be sure that his mother will come and pick him up after the day is over.

## Choose place to send him

A welfare worker may be able to suggest two or three family homes or day care centers for you to choose from. The day care committee, or community chest, or family and children's agency may also be able to help. Before you start job training or go on the job, visit each of them. See for yourself how the children are treated and how they spend their time.

Unless the home or the center has a good program, with toy, books, and other play things, and a friendly grownup to care for them, children can be unhappy, and not learn well.

When you visit either a home or a center, watch and ask many questions. Will the adult give your child love, kindness and good care? Is there a good place for children to play? Are there good things to play with, like clay, paints, crayons, paper, blunt scissors?

Are there toys? How about picture books to look at and talk about? Is there a good place to have a nap? Will he have

a meal and snacks? Will he get milk, eggs, meat and vegetables?

## Take him on visit first

After you have chosen the place for his care, take him with you for a visit. This is most important if your child is little. Then he can see for himself where he is going and what he will be doing. It may be a good idea to make several visits.

Stay with him at first. Then leave him there for a short time. When you come back to pick him up, he will know that you are not leaving him there for good. By the time you go to work, he should be ready to stay all day without being afraid.

Some centers can come to your home, pick up the child and bring him back. If so, be sure you keep in touch with the teachers and visit the center once in awhile. He must know that you care about what is happening to him and that you know the people who are taking care of him and the kind of place it is.

## Learn to know day care people

In a home or center, it helps if you learn to know the special people who will

be taking care of your child.

It will be better if the day care mother or teacher and you agree on how to take care of your child.

She should really understand children and know how to get along with them. She should be gentle in her treatment of children, but at the same time know how to say "no" and mean it.

Try to have a little time to talk with that person when you take your child there each day. She needs to know many things about your child.

She will want to make him feel at home as much as possible. She will want to know such things as what he likes to eat and doesn't like, if he is afraid of anything, when he likes to take his nap, what does he say when he wants to go to the toilet, and so on.

## He may become sick

You must have a good plan if your child gets sick. Leave the telephone number where you are in training or work. Then the family day care mother or the worker in the center can call you if she needs to. Tell her the name of your doctor or clinic. Give her the right to call him.

If your child is sick, you may have

to stay with him or have someone come to your house each day to take care of him. The day care worker may arrange this and the welfare department may help you pay for that.

Even though you have someone to help you with your child, you are still responsible for him. He still belongs to you and any final word must be yours.

You will be having two jobs. One will be outside your home. The other will be before you leave in the morning and after you get home at night. Then you may want the day care home or center to do things for your child that you would do if you were home all day. But no one else can take your place. Let your child know that. Never forget that you are the most important person in his life.

Children have many needs. They need good food. They need a safe house and the right clothes. They need to be loved and to have a chance to learn.

## Give him attention each day

Each day, do something special for your child. Talk with him. Listen to what he says. Let him help you, even though it may take longer for you to do the task

that way. Take him with you on any trips, like to the grocery store or laundromat.

Your child needs most to grow up as he should. This must be done when you are away from him at work. Then someone must fill in. That is why you must have a good day care plan.

At times, the day care agency may ask you to come in and tell them how you think the program should be run. They may ask you to sit in with other working mothers to plan better day care. Do this so your child gets the kind of care he needs.

## You may serve on a committee

The day care center may also want you to be a member of a committee. It helps if you are a part of the program and plan what is good for children.

Your neighbors or a members' group may choose you for a committee. Day care programs have this kind of group where mothers and others work to hire good teachers, to have a good program and to get other parents to work to have the best center possible.

Care you need costs money. You may have to pay some of the cost if you

can. You and the day care worker can talk about what seems fair.

If you do get training or take a job, the welfare department must help pay for your child's care. They must be sure you have a good plan for his care.

## You can appeal worker's decision

If you do not agree with the worker about anything, you can ask to speak to the worker's supervisor about the matter.

When you go to work . . .

- Be sure your child is ready to be away from you for part of the day.
- Be sure you can spend some time with your child when you get home.
- Be sure to have some time for yourself.

Watch your health and your child's health. If either of you get too cranky, tired, or sick, you may need to talk with your worker or the day care director about whether you should stay home for a while until your child is older and will not suffer from your absence.

Your children are more important than anything in the world to you, and should come first in your plans.

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